

AZNG SPECIAL EMPHASIS

Asian American Pacific Islander Special Emphasis Program

The purpose of this program is to provide focus on issues such as equal opportunity delivery and employment, promotion, training and career enhancement affecting Asian American & Pacific Islander employees and applicants.

Ginger-A prominent Spice

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- Stomach Problems
- Cardiovascular Disease
- Respiratory Problems
- Inflammation & Pain,
- Food Poisoning
- Nausea & Vomiting
- High Blood Pressure
- Lowers LDL (bad) Cholesterol
- Migraine Relief
- Ovarian Cancer Treatment
- Reduces Stress
- Hair

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www.lifemojo.com

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Asian American Pacific Islander

Asians of America.

Asian Culture has definitely found its way into the melting pot of America. Although the population of Asian Americans is growing, there is still prejudice and discrimination that occur.

The popularity of Asian culture is growing along with the Asian personalities that we experience on the screen and in the dugout. Actors and actresses are of Asian decent are being demanded such as Kelly Hu, Nicole Bilderback, Rick Yune and Lucy Liu. In the dugout playing on professional Baseball team, an all American sport, we have Ichiro Suzuki who was the Rookie of the Year and Most Valuable player for the Mariners. We have even adopted Feng Shui as being a part of our new living design.

The newest crave for our younger generation is media inspired or straight from Asian cartoons. Pokemon, Yu-Gi-Oh, Digimon, Dragon Ball Z, and Hello Kitty just to name a few, are favorites of our young generation. We must not forget the game consoles (Playstation, Nintendo Wii) that many of us own, play, and can't seem to get enough of sometimes.

Even with the growing population of Asian Americans, they are still targeted with prejudice and discrimination.

They are Stereotyped by features and attributes of what we see in movies, video games, and stories as being martial artists, prostitutes, gang members, and are conformed to a superficial perspective of what the media composes them to be, and in reality it does not come close to what their culture really is and creating an unfair and unbalanced picture.

Asian Americans are usually held up to be good models of health and physically active, not a bad thing, however, Asian and Pacific Islanders actually have the highest rates of Cancer, Heart Disease and Diabetes. ASU has conducted a study of Asian and Pacific Island Culture. There studies consisted of Historical facts, Immigration, Education, Health Economic Issues, Communities, Programs, and Policy. Kathy Nakagawa who is the Interim Director, Associate Professor for APAS (Asian Pacific American Studies) has provided a link that holds all the information listed above.

Through their studies they hope to increase awareness and highlight diversity and help prepare our State of Arizona for growth. The Asian Pacific Island Americans have been an integral part of Arizona since the 19th century and have contributed to the development of our enriching state as farmers, miners, and small business owners.

Asian Pacific American Heritage Month



http://apas.clas.asu.edu/pdfs/State_AAPl_in_AZ_2008.pdf

<http://asianamericanhealth.nlm.nih.gov>

<http://www.preservationnation.org/issues/diversity>

<http://www.sfmuseum.org/war/relocate.html>

<http://www.asian-nation.org>

<http://www.lifemojo.com>

<http://www.rightfoot.com>

NOTE: First link; after pasting in URL and pressing enter...it will put a %20 in the middle, just erase that part from and press enter again.

Jessica Cox

At the age of 26, Jessica has accomplished many obstacles others would have thought impossible. Jessica was born with no arms and relies on her feet to do the everyday things we most often take for granted. Often times she has been challenged but always motivated. She does not allow her disability to be an excuse for something she is unable to do, rather she will say that she has not figured it out yet. Jessica can drive with her feet and has a regular drivers license with no restrictions. Flying a plane, which only most of us can dream of, with only her feet. All the appropriate checks before take off or completed with her feet to include fueling up! She has two black belts in Tae Kwon Do and is a phenomenal motivational/transformational leader. She challenges everyone to do the impossible and never say they cannot do something. Jessica has also received her Bachelors Degree in Psychology from University of Arizona. Jessica has achieved what many people would have thought impossible. She would not change her life for the world and not having arms is who she is and all she knows. She has a website called **rightfoot.com** that provides information about her difference and her many accomplishments.